



Serves: 4

Bombay Aloo Potato Curry

Ingredients

- Potatoes, boiled and cut into 1-inch cubes 400g
- Canola oil 4 tsp
- Cumin seeds 1 tsp
- Mustard seeds ½ tsp
- Green chillies, chopped 1 tsp
- Turmeric powder ¼ tsp
- Natural set low-fat yoghurt, beaten 80g
- Coriander powder ½ tsp
- Sugar ¼ tsp
- Green coriander, chopped 1 tbsp
- Salt, to taste

Tips:

- Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
- Instead of salt, use fresh herbs and spices to add interesting and varied flavours to this dish.
- Milk and dairy products provide calcium, which is essential for healthy bone growth and development.

Method

- Heat oil in a pan. Add the cumin and mustard seeds, and heat until they crackle.
- Add the green chilli and turmeric powder and sauté for a few seconds.
- Add the beaten yogurt, mix well, then add sugar, coriander powder and salt.
- Add the potato cubes, mix well and sauté for 3–4 minutes.
- Serve hot, and garnish with chopped green coriander.

Nutrition Information (Per Serving):

Energy 79kcal
Carbohydrate 13.8g
Protein 1.6g
Total fat 2.6g
Saturated fat 0.2g
Cholesterol 0mg
Dietary Fibre 3.9g
Sodium 225mg